



AN ANALYSIS ON GENERAL PHYSICAL ABILITIES: COMPARISON AMONG THE KABADDI AND KHO-KHO PLAYERS

Dr. Indrajit Basu

Assistant Professor, Seth Kesarimal Porwal College Kamptee

ABSTRACT

Physical wellness is the ability to complete sensibly well different types of physical exercises without being unduly worn out and incorporates characteristics critical to the person & wellbeing and prosperity. Physical wellness incorporates more than strong quality. The fundamental reason for this investigation is to discover the correlation of physical wellness among Kabaddi and Kho-Kho female Players. For the current investigation the specialist takes the female university kabaddi and kho-kho players, taken as wellsprings of information. Twenty five female Kabaddi players and twenty five female Kho-Kho players, who had taken an interest in bury university competitions, were favored as zone being talked about for this investigation. The age of the topic was extending from 18 years to 25 years.

KEYWORDS: Physical Exercises, Kabaddi, Kho-Kho

INTRODUCTION

Prospero allows the player to adapt to the physical demands of the game, allowing them to use their various specialized and strategic skills competently during the match. Speed is fundamentally important in all ball games, in football and handball the opposing and guarding player must have reasonable speed, so changing positions is rare. This can be expected from them if it takes time. Agility is a physical ability that allows a person to quickly and accurately change body position and direction of movement. Spryness is the ability to change course quickly and sufficiently by moving with maximum throttle at the right time. A tough man can be his idea of daily exercise, preparing a strong body better than a socialized man in today's humanizing world of equipment, the transition to physical exercise is less due to the creation of the computer, so in the cooperation of many. different devices. physical activity must maintain adequate well-being. Physical fitness includes those qualities that enable a person to perform the exercises of life, including speed, quality, agility, strength and consistency, and to participate in various physical activities expected of an advanced life, including sports and games, and the ability. keeping up is an ideal measure of competence for that person. Regular exercise and physical activity promote strong muscles and bones. It improves respiratory, cardiovascular and general well-being. Staying active can also help you maintain a healthy weight, reduce your risk of type 2 diabetes and coronary heart disease, and reduce your risk of certain malignancies. Modern sports and games took a clear form in correlation with the youthful and free-form games of old.

Today, sports are becoming skillful; players can earn a lot through games and sports. The sport has been a serious sport in recent times due to its reproductive qualities and that cannot be underestimated or denied. Despite the fighting mentality between the competitors, sport brings different countries closer

together and creates friendship and partnership between people of different nationalities. Physical well-being is the ability to perform daily tasks with vigor and sharpness, without excessive weakness and with sufficient vigor to participate in the interests of relaxation time and to respond better than expected to the physical stress experienced in crisis situations. Physical fitness is the ability to reasonably perform various physical exercises without excessive exhaustion, and includes qualities important to a person's well-being and well-being.

KhoKho is a well known label game created in Maharashtra, India. It is played by groups of 12 assigned players out of fifteen, of which nine enter the field who sit on their knees (pursuing group), and 3 extra (protecting group) who attempt to abstain from being moved by individuals from the rival group. It is one of the two most famous customary label games in the Indian subcontinent, the other being Kabaddi. The game is broadly played across South Asia and has a solid nearness in South Africa and England. Kho-kho is a conventional Pakistani and Indian game a type of tag, that is probably the most established type of open air sport, going back to prehistoric[citation needed] India. It is played frequently by younger students in Pakistan and India and is a serious game. Kabaddi is a contact group and game played between two groups of seven players each. The target of the game is for a solitary player on offense, alluded to as a "thief", to run into the rival group's half of a court, tag out whatever number of their protectors as could be expected under the circumstances, and come back to their own portion of the court, all without being handled by the safeguards, and in a solitary breath. Focuses are scored labeled by the marauder, while the rival group wins a point for halting the thief. Players are removed from the game in the event that they are labeled or handled, however are brought back in for each point scored by their group from a tag or tackle.

Methodology

The researcher has depicted the plan of the examination in detail. The size and determination of the example, the variable and the control utilized the wellsprings of information, the devices and the technique for social occasion information, the portrayal of information gathering instruments and the measurable methodology utilized in the investigation are deliberately depicted.

Selection of the subject

Twenty five female Kabaddi players and twenty five female Kho-Kho players, who had taken an interest in entomb university competitions, were favored as region being talked about for this examination. The age of the topic was going from 18 years to 25 years.

Analysis of data

Mean and t-ratio of physical fitness for Kabaddi and Kho-Kho female players.

Variables	Group	Mean	S.D.	SE	MD	Ot	Df
Flexed Arm Hang	Kabaddi	10.13	2.22	0.66	0.43	0.66	48
	Kho-kho	10.57	2.47				
Sit Ups	Kabaddi	28.48	5.52	1.57	0.24	0.14	48
	Kho-kho	28.73	5.53				
Shuttle run	Kabaddi	188.75	11.06	3.33	1.87	0.56	48
	Kho-kho	187.89	12.41				

Graphical Representation

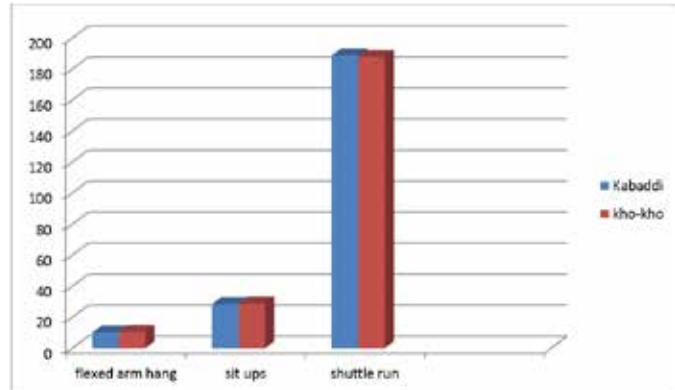


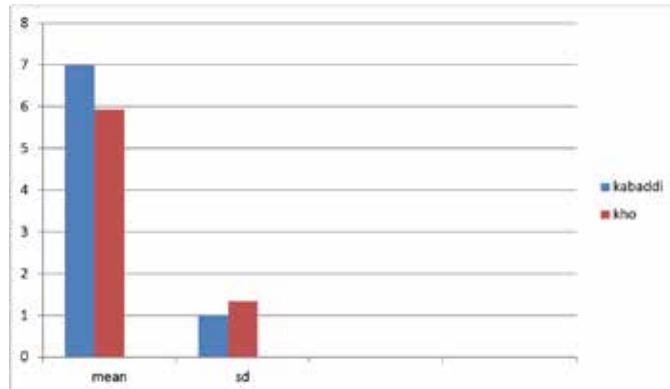
Table II: Mean, Standard deviations and 't' value of Flexibility of Kabaddi and Kho- Kho Men Players

Groups	Number	Mean	S.D	Obtained 't' Ratio	Sig.
Kabaddi Players	15	7.0000	1.0000	2.477*	0.02
Kho-Kho Players	15	5.9333	1.0000		

The evaluation of statistics in Table II discovered that the suggest flexibility kabaddi and kho-kho male had been 7.0000 and 5.9333 respectively. The widespread deviation of kabaddi gamers turned into 1.0000 and kho-kho gamers turned into 1.0000. The acquired 't' ratio in flexibility turned into 2.477.

The acquired 't' cost of 2.47+7 turned into extra than the desired desk cost of 2.05 at 0.05 degree of self belief with 28 diploma of freedom. It turned into observed to be statistically extensive. Therefore the desk exhibits that t-cost (2.477) for the suggest ratings of pliability among Kabaddi and Kho-Kho gamers that is extensive at 0.05 degree.

Graphical Representation



Bar diagram showing mean and sd. of flexibility performance of kabaddi and kho-kho male players of GGV.

CONCLUSION

Physical wellness incorporates those characteristics which will allow a person to perform life exercises including speed, quality, nimbleness, force and continuance and to take part in different sorts of physical exercises expected of advanced living including sports and games, and to have the option to keep up ideal measure of qualification for the individual in question.

Standard exercise and physical movement advances solid muscles and bones. Physical wellness is commonly accomplished through appropriate sustenance, moderate-energetic physical exercise, and adequate rest. Physical wellness is the capacity to do every day errands power and sharpness, without undue weakness, and with sufficient vitality to take part in a relaxation time interests and to meet the better than expected physical burdens experienced in crisis circumstances. On the idea of the evaluation of statistics the Kabaddi gamers had been having higher suggest values amongst flexibility than Kho- Kho male gamers. The evaluation of statistics discovered that experimental institution strained with the aid of using flexibility schooling exercises, confirmed extensive profits in Kabaddi gamers. The suggest benefit accomplished with the aid of using Kabaddi gamers turned into better in comparison to kho – kho gamers institution.

On the basis of the result drawn with the mentioned methodology the following conclusion were sort out:

1. There was no significant difference in flexed arm hang, sit-ups, shuttle run between kabaddi and kho-kho female players.

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